

BIKING and WALKING

Why encourage employees to bike and walk to work?

Employees are not limited to making their entire trip by one commuting method. Bicycling and walking are flexible commuting modes, and allow commuters to leave their cars at home.

An employee might bike or walk to a Park-and-Ride lot, and continue the trip by bus, vanpool or carpool. Some commuters choose to bike or walk in one direction, returning by another commute mode.

All Metro buses and many vanpool vehicles are equipped with bicycle racks to make commuting by bike simpler. *Metro will provide and install bicycle racks on vanpool vehicles at no cost.*

And many Metro Park-and-Ride lots and transit centers offer secure bike racks and storage facilities.

One type of locker is shown here:



What are the benefits of biking and walking?

To Employers:

- reduces single-occupant vehicle (SOV) trips, helping to meet CTR goals;
- reduces demand for employee parking;
- increases employees' fitness, and may reduce health care costs.

To Employees:

- combines exercise with commute time;
- increases fitness and may reduce stress;
- provides commuting flexibility, and may even be fun.

How do bicycling and walking help meet CTR goals?

Employees who are encouraged to bike or walk to work, instead of driving, help reduce the number of single occupancy vehicle (SOV) trips made to the worksite daily.

Find out more about biking to work and Metro-provided bike storage at:

<<http://transit.metrokc.gov/bike/bike.html>>

The Bicycle Alliance (formerly NowBike) manages Metro's bike locker program and can help locate bikes left on buses; call 206-903-8075.

(more)

What are favorable conditions for biking and walking?

Bicycle commuting and walking work best when:

- the commuter can shower and store clothes at an on-site or neighboring facility;
- secure bicycle storage is available;
- lighted sidewalks, pedestrian crossings and/or pedestrian traffic signals exist near the worksite;
- information about bike trails and access routes to the employment site are available.

How much do biking and walking cost?

Initial costs may include purchasing bike racks, bike lockers, showers and clothes lockers for onsite use. These costs can be offset by a savings in parking costs.

Some employers provide health club memberships or transportation allowances to employees instead of providing onsite amenities. Employers and their Metro King County representative can also work with local jurisdictions to improve sidewalks, pedestrian crossings, lighting and to remove any barriers to bicycling.

Note: All Metro buses have racks that hold 2 bikes. Bike boarding is permitted at any bus stop outside of downtown Seattle. In downtown Seattle, board at the edge of the Ride-Free zone. Metro's website <<http://transit.metrokc.gov/bike/bike.html>> has a map of the Ride-Free zone.

Answers to commonly asked questions:

Q. What other elements should be provided to make bicycling and walking to work more attractive and less complicated for my employees?

A. Sites that simply offer adequate bicycle facilities may not significantly influence employees to bicycle or walk to work. Management support, open space and supportive worksite design are also important elements that help promote bicycling and walking.

Q. Why should I spend time on pedestrian and bike programs when just a few of our employees commute that way?

A. More employees would occasionally bike or walk to work if amenities existed to encourage it. Even if only a few people bike or walk to work one or two days a week, it may be worthwhile to create a supportive environment, since the use of non-motorized commuting helps your company reach its CTR goals sooner. Also, biking and walking are non-polluting, use no petroleum fuel and cause no traffic congestion.

Q. Does our local weather, the hills, and winter darkness work against biking and walking?

A. While safe, comfortable bicycling and walking conditions are important, employees may have different ideas of good biking and walking conditions. Many bikers and walkers are experienced at preparing for rain or darkness. Some people choose to bike and walk on certain days or during specific seasons, to avoid bad weather or darkness.

Q. How can Metro help our company with bicycle parking, like bike racks?

A. Through 1999, Metro can match an employer's contribution (up to \$700) when purchasing either a secure bike locker, bike "bank," or bicycle rack(s) for employees' use. Also, Metro can purchase and install bike storage facilities for companies that can offer the use of a site, located near a major transit center or hub, which would be accessible to the public for general use.